

FACIAL EXERCISES



Sit relaxed in front of a mirror



Gently raise eyebrows, you can help the movement with your fingers



Draw your eyebrows together, frown



Wrinkle up your nose



Take a deep breath through your nose, try and flare nostrils



Gently try and move corners of mouth outwards



Try and keep the movement the same on each side of your face



You can use your fingers to help. Once in position take your fingers away and see if you can hold that smile



Lift one corner of the mouth then the other



EXERCISES TO HELP CLOSE THE EYE



Look Down



Gently place back of index finger on eyelid, to keep the eye closed



With opposite hand gently stretch eyebrow up working along the brow line. This will help relax the eyelid and stop it from becoming stiff.



Now try and gently press the eye lids together



Narrow eyes as if looking into the sun

The Bell's Palsy Association
www.bellspalsy.org.uk